

**ABSTRACT OF THE DISCLOSURE**

A blade member adapted to be connected to a shaft of a hockey stick or the like includes an elongated hollow blade body, a flexible damping portion, and an interface portion. The elongated hollow blade body defines a receiving cavity, and is made of a fiber reinforced resin composite. The flexible damping portion is disposed within the elongated hollow blade body, and is made of cork. The interface portion is disposed between the elongated hollow blade body and the flexible damping portion.